

THORACIC HOME EXERCISE PROGRAM – PHASE I

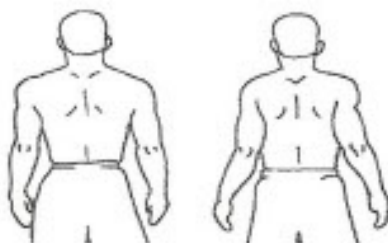
The exercises in this phase are focused on restoring range of motion in your mid back. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- In order to avoid possible further injury, please only follow the exercises your doctor has recommended.
- Perform these exercises every day, ideally 2-3 times per day. Perform them throughout the day, not all at once.
- If you experience pain, stop the exercise and notify your doctor next time you see them.



○ THORACIC ROTATION

A. Reach across body and for the chair. B. Hold 10 seconds. C. Repeat 10 times.



○ SCAPULAR RETRACTION

A. Press shoulder blades together. B. Hold 5 seconds. C. Repeat 10 times.



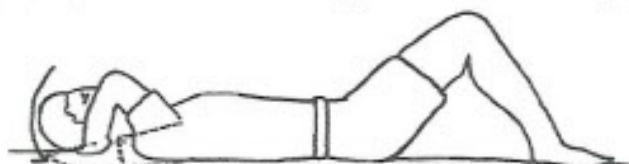
○ SHOULDER SHRUGS

A. Shrug shoulders up towards ears. B. Hold 5 seconds. C. Repeat 10 times.

THORACIC HOME EXERCISE PROGRAM – PHASE II

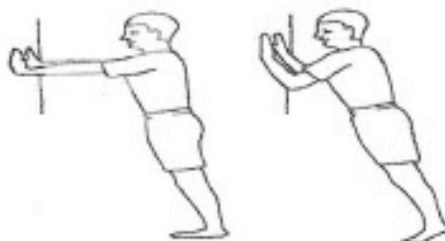
The exercises in this phase are focused on beginning stabilization to your mid back. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- In order to avoid possible further injury, please only follow the exercises your doctor has recommended.
- Perform these exercises every day, ideally 2-3 times per day. Perform them throughout the day, not all at once. Be sure to hold all stretches for 30 seconds to ensure a good stretch.
- If you experience pain, stop the exercise and notify your doctor next time you see them.



○ ELBOW PRESS DOWNS

- A. Lie down with arms behind head and elbows out. B. Push elbows down into the surface. C. Hold 5 seconds. D. Repeat 10 times. **If elbows do not touch the surface, place pillows or towels underneath so you can press into them.



○ WALL PUSH UPS

- A. Stand arms length from a wall with arms shoulder length apart. B. Press body into wall as if you are doing a push up. C. Hold 5 seconds. D. Repeat 10 times.



○ SERRATUS PUNCH

- A. Lie down with arm extended towards ceiling. B. Keep elbow straight and punch up towards ceiling. C. Hold 5 seconds. D. Repeat 10 times. **Add small weights when able.